

## New Primary Care Hypertension Pathway

### Introduction

Hypertension is one of the most important preventable causes of premature morbidity and mortality in the UK and is a major risk factor for ischaemic and haemorrhagic stroke, myocardial infarction, heart failure, and chronic kidney disease. The risk associated with increasing blood pressure is continuous, with each 2 mmHg rise in systolic blood pressure associated with a 7% increased risk of mortality from ischaemic heart disease and a 10% increased risk of mortality from stroke.<sup>5</sup> Hypertension is very common in the UK with at least one quarter of adults (and more than half of those older than 60) having high blood pressure.

This work supports the Suffolk Prevention Strategy where the increase in detection and optimising treatment of people with hypertension and atrial fibrillation (AF) is one of the priorities. There are currently an estimated 41,036 people with undiagnosed hypertension and 11,769 people whose blood pressure is not optimally controlled in I&ESCCG. As part of the Prevention Strategy for Suffolk, it is estimated that an increase in 15% in the proportion of adults who have had their blood pressure diagnosed could avoid 68 deaths, 127 strokes and 85 heart attacks.

### What is it?

The pathway has been developed in conjunction with the CCG and the Ipswich Hospital to support the management of these patients and is based on NICE Guidelines. It focuses on stage 1 and stage 2 hypertension and covers all adult patients. The information has been laid out in the following headings:-

#### Assessment

Hypertension Diagnosis – Stage 1, Stage 2, Severe and Accelerated Hypertension and Suspected phaeochromocytoma

Home Blood Pressure Monitoring

Assessing cardiovascular risk and end-organ damage

Management of under 40's

Lifestyle advice

Criteria for starting Anti-Hypertensives

BP Targets for Long Term Conditions

Pharmacological Management

### How do I refer?

Any difficult to manage patients please ensure pre-referral work up has been completed prior to referral.

U&Es, URINARY ACR, URINARY DIPSTICK FOR BLOOD, FBC, LIPIDS, ECG

Please refer using the Cardiology Pre Referral Guidance Form

### Start date

The pathway will be available on the CCG website and on Map of Medicine no later than the end of February 2018.

### Contact details

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